

WEEK # 3			Menu 2023		Flip over for week 4		WEEK # 3	
<u>Breakfast Menu Items For The Week</u>								
Oatmeal		Eggs Any Style		Toast		Tea		1/2 Orange Bananas
Cold Cereal				Milk		Assortment		
Cream of Wheat		Bacon		Bagels		Of Fruit Juices		
						Coffee		

	27-Nov MONDAY	28-Nov TUESDAY	29-Nov WEDNESDAY	30-Nov THURSDAY	1-Dec FRIDAY	2-Dec SATURDAY	3-Dec SUNDAY
D I N N E R	Cream of Mushroom Liver and Onion Yellow Beans Pears	Barley Soup Sweet and Sour Pork Mashed Potatoes Rice Pilaf Broccoli Squares	Beef Noodle Soup Glazed Chicken Mashed Potatoes Carrots Apple crisp	Vegetable Soup Salisbury Steak with Fried Onions and Mushroom Mashed or Baked Potatoes Cauliflower Stewed Pears	Hamburger Soup Baked Haddock Egg Sauce Mashed Potatoes Peas Peaches	Hamburger Soup Rib-Style Pork Cutlet in BBQ sauce Mashed Potatoes Rice pilaf Green Beans Mandarin orange	Rice Soup Baked Ham Scalloped or Mashed Potatoes Corn Pie
S U P P E R	Cream of Mushroom Hot Chicken sandwich Fries Blueberry Cake	Barley Soup Rappie Pie Brown Bread Fruit Cocktail	Beef Noodle Soup Spaghetti and Meat sauce Garlic Bread Pudding	Vegetable Soup Pancake Sausage Pineapple Cake	* Chicken Stew Biscuit Pumpkin Tarts	Fish Chowder Rolls Apple Sauce	Rice Soup Corned Beef Hash Chow chow Blueberry Cobbler

Menu may change without notice

HS	Snack Menu						Crackers With Peanut Butter or Cheese
	Cookies	pudding	Fig cookies	Toast	Nutri Grain Bars	Cookies	